



The Journal

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May 26, 2016

NSAB Jams During Invincible Spirit Festival



PHOTO BY MCSN WILLIAM PHILLIPS

Celebrity Chef Robert Irvine prepares for a chicken wing eating contest with civilians and service members aboard Naval Support Activity Bethesda during a visit from the Gary Sinise Foundation and the Lt. Dan Band May 20.

By **ANDREW DAMSTEDT**

NSAB Public Affairs staff writer

Naval Support Activity Bethesda Commanding Officer Navy Capt. Marvin L. Jones had a few questions for the hundreds assembled in front of Walter Reed National Military Medical Center's historic tower on one of the only sunny days in May.

"Are you ready to jam?" Jones asked the crowd. "I don't think you heard me. I said, Are you ready to jam? Are you ready to get down? Are you ready to throw down like you're at the playground?"

Jones fired up the crowd for Gary Sinise and the Lt. Dan Band performance that was the main attraction of the Invincible Spirit Festival May 20 sponsored by the Gary Sinise Foundation and USO-Metro.

Sinise even coaxed Jones to come back on stage and sing "Sweet Home Alabama" with the band.

Before singing, Jones said the festival was a celebration of resiliency.

"Our wounded, ill and injured Warriors

here today are synonymous with the word resiliency," Jones said. "That's just what you do every day. You display that spirit of resiliency. You go to your treatment at this facility and on this installation, and you served in the most selfless way you possibly can, by giving of yourselves and we appreciate your sacrifice. We appreciate all you caregivers and the folks here today who support their healing."

The festival was held to give thanks not only to the wounded, ill and injured service members, but to those who provide care as well as their family members.

"Wherever we go we try to remind people that you're still serving out here, there's still war going on, there's still sacrificing," Sinise said. "And we can never do enough to show our appreciation to you and remember you. As we go into Memorial Day, that's especially appropriate, but we

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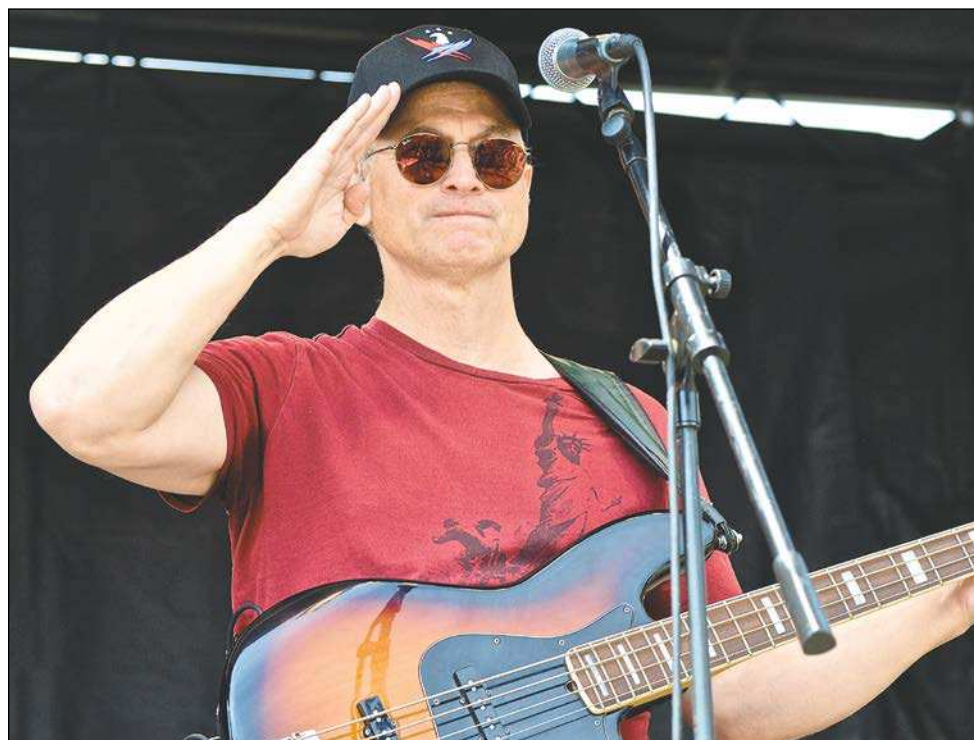


PHOTO BY DAVID FRISHBERG

Gary Sinise plays with the Lt. Dan Band during the Invincible Spirit Festival May 20.

Commander's Column

Summer is almost upon us and it is, once again, time for the Summer Safety Campaign. The 101 Critical Days of Summer begins Memorial Day weekend and ends after Labor Day. This is, of course, the largest vacation period of the year. The sun is shining and people are out swimming, boating, visiting family and friends far away, playing and having a good time. It's also a time of celebration, recreation, staying awake long hours and driving more miles than your body has the energy for. With all those fun summer activities, the following safety tips are offered to make your vacation journey a safe and happy one.

With the warm summer months upon us I ask you to prevent any heat injuries by acclimatizing to the environment so your body adapts to the heat. It is necessary to hydrate with water or sports drink before and during exercise and especially avoid exercising during the hottest part of the day. Wearing light, loose clothing and using sunscreen can also help prevent injury.

For those who like to navigate the seas, please be aware and cautious while out on a boat this summer. Know your boat! Do not overload and always keep a good lookout and situational awareness of other boats and objects in the area. Please ensure that all crew and passengers wear a USCG approved flotation device and operate your craft within the law and travel at safe and legal speeds! Red sky at night, Sailors delight, red sky in the morning, Sailors heed warning. Please keep your eye on the weather whenever planning a boating trip and NEVER operate a boat while impaired by alcohol or drugs.

When swimming, you should always be with a partner. Do not allow young



WRNMMC Command Master Chief Tyrone Willis

children to swim without adult supervision and NEVER swim while you are tired, under the influence of alcohol, drugs, or medication. Know your swimming capabilities and avoid swift moving water. If caught in a current, swim with it and angle towards the shore or edge of the current. ALWAYS be aware of the water depth before diving.

With Independence Day approaching, please ensure you use maximum safety precautions while handling fireworks. Never allow children to play with or ignite fireworks and read and follow all warnings and instructions before use. Be sure people are out of range before lighting and only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials. Never try to relight fireworks that have not fully functioned. In case of a malfunction or fire, keep a bucket of water/garden hose and/or fire extinguisher at the ready. If you plan to drink also plan to drink responsibly.

The most important and common theme about the 101 Critical Days of Summer is BE SAFE! I want everyone to have a sensational, safe Summer.

Bethesda Notebook

Asian American, Pacific Islander Heritage

Everyone is invited to attend an observance in celebration of Asian American and Pacific Islander Heritage Month on May 26 at 11:15 a.m. in the America Building (Bldg. 19), first floor, piano area. Navy Lt. Cylyne James, a nurse practitioner in pediatrics at Walter Reed National Military Medical Center, is scheduled to be the guest speaker, and a Filipino dance performance is also planned. For more information, call Hospital Corpsman 1st Class Lashawanna Reese at 301-319-2624 or HM2 Travis Silvey at 301-295-4263.

Enlisted Dining-In

Troop Command U.S. Army Element – North's First Annual Enlisted Dining-In will be June 3 from 6 to 10 p.m. For tickets or more information, contact Staff Sgt. Mark Lara at 301-295-6822.

Lean Six Sigma Yellow Belt Training

Lean Six Sigma Yellow Belt Training will be held June 7 from 8 a.m. to 4 p.m. in Clark Auditorium. The training is open to all civilians and service members. Registration is required. For more information, contact Regina Pinks at 301-319-2677.

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NSAB Recognizes Police Officers in Ceremony

By MCSN WILLIAM PHILLIPS
NSAB Public Affairs staff writer

Naval Support Activity Bethesda (NSAB) recognized National Police Week in Bldg. 17 May 20.

President John F. Kennedy signed a proclamation in 1962 which designated May 15 as Peace Officers Memorial Day, and the week in which that day falls as Police Week.

"We are here this morning to honor the service of our police officers – past and present, living and deceased," said Capt. Marvin L. Jones, NSAB's commanding officer.

The ceremony was to pay homage to those who stand representing the thin blue line that ensures the safety of our streets, said Jones.

National Police Week serves as a reminder for people that police work is more than just riding around writing tickets.

"National Police Week is a reminder, [that] not just the police, [but also] first responders and military stand tall and remain vigilant," said Col. Darryl Stanton, NSAB chief of police. "We are the people that go in when everybody else is turning around and leaving."

Police officers wear many hats throughout the day.

"The things that we do as police officers are so broad," said Senior Chief Detrick Jones, senior enlisted leader



PHOTO BY MCSN WILLIAM PHILLIPS

Naval Support Activity Bethesda's Commanding Officer Capt. Marvin L. Jones, Security Director Barry Bradwell and MASN Jordin Sharp cut a cake in celebration of National Police Week May 20.

for NSAB's security department. "We have to come up with solutions and put our lives on the line to serve and protect all personnel [and] that is a big responsibility."

During the recognition ceremony, Jones read the account of Master-At-Arms Second Class Mark Mayo:

On March 24, 2014 around 11:20 p.m. I was the waterfront security

guard at Norfolk Naval Station. While I was making my rounds I was alerted about an unauthorized person on the pier. I made my way toward the Mahan. I jumped out of my vehicle, went up the brow and headed toward the suspect.

As the Suspect entered the quarterdeck the petty officer of the watch drew her firearm and

pointed it toward the deck.

The suspect, who had exhibited no threatening behavior up to that point, repeatedly said "Give me your gun," and wrestled the pistol away from the petty officer.

The petty officer, who was much smaller than the suspect, couldn't disengage the safety in time.

The petty officer was thrown seven feet onto the ship's life lines, when the suspect seized the pistol at that time.

At that moment I landed on the quarterdeck and placed myself between the petty officer of the watch and the suspect, who was aiming the gun at her.

I was shot once in the front and I was shot three times in the back.

April 25, 2014 I was laid to rest and I was honored with a military funeral at Arlington National Cemetery. I received a Navy and Marine Corps Medal, the highest non-combat decoration, distinguishing oneself heroics making the second master-at-arms in history to receive the award.

I am Master-At-Arms Second Class Petty Officer Mark Mayo.

"I want to praise the police officers we work with on a daily basis," said Capt. Jones. "They are making a sacrifice to put themselves first to serve and protect our personnel for the betterment and safety of our installation."

From the Battlefield to the Nursing Station: Celebrating Nurses Who Serve

By SHARON RENEE TAYLOR
WRNMMC Public Affairs Staff Writer

One summer in the '70s, Navy Capt. Kim M. Lebel fell in love—with nursing. Home from her first year of college, she took a summer job at the county hospital in Richland, Ga. Working as a nursing aide alongside her mother, an LPN, the hospital's nursing director took the college freshman under her wing.

"She was so proud to be a nurse and I wanted to be like her," Lebel said.

Lebel, went on to begin a Navy career that spans 34 years, including a deployment to Afghanistan where she sustained wounds by enemy fire during an ambush. She received a Purple Heart on Sept. 11, 2011.

Now the longest serving Navy Nurse at Walter Reed National Military Medical Center (WRNMMC), Lebel and more than 900 nurses who serve at the flagship of military medicine, celebrated a week-long series of activities during National Nurses Week, observed May 9-18.

The six-day schedule of events began May 9 with a Fun Run/Walk.

On May 10, WRNMMC nurses gathered for a Blessing of the Hands and candle lighting ceremony

in the Main Chapel. The tradition dates back to Florence Nightingale, who used a candle to light her way as she made rounds to the sick during the Crimean War, which began in 1853. The flame of the candle came to symbolize knowledge, enlightenment, experience and hope. The Blessing of the Hands ceremony allows nurses to recommit to the science of nursing that continues to compassionately serve others.

Three WRNMMC nurses received awards at the May 11 DAISY Award Ceremony held in the hospital chapel. Navy Hospitalman Amy Trader and Lt. j.g. Keerstin Whitefield received the award honoring extraordinary nursing care. Retiring Nursing Services Director Army Col. Ray C. Antoine received the special Nurse Leader Award, presented by WRNMMC Director Navy Rear Adm. (Dr.) David Lane.

Following the DAISY Award recognitions, Walter Reed Bethesda's day-shift nurses celebrated May 12 with a Nurse Appreciation Breakfast in the 5C Staff Lounge, and night-shift nurses feted with an appreciation dinner later that evening. Military, civilian and contract nurses showed their nursing pride on Nurses Week T-shirt Day, May 13.



PHOTO BY SHARON RENEE TAYLOR

Nurses show unity on Ward-3C, the medical surgical unit that provides specialized care for cardiac patients.

The WRNMMC National Nurses Week observance concluded May 18 with the Navy Nurse Corps Birthday attended by Navy Nurse Corps Director Rear Adm. Rebecca J. McCormick-Boyle, followed by an Admiral's Call and Nurse Corps Officer Promotion Ceremony. Following Navy tradition, the Navy Nurse Corps Director cut the Navy Nurse Corps anniversary cake with the newest Navy nurse at WRNMMC, Ensign Maura Davis.

"I could not get the idea of becoming a Navy nurse out of my mind," Davis said. "By being a Navy nurse, I can serve others who serve."

NSAB Jams During Invincible Spirit Festival

PHOTOS BY MCSN WILLIAM PHILLIPS, DAVID FRISHBERG
The Gary Sinise Foundation and the Lt. Dan Band visit Naval Support Activity Bethesda (NSAB) May 20. The Lt. Dan Band performed for the civilians and service members aboard NSAB.



EFAC Drill Tests NSAB's Severe Weather Response

By **ANDREW DAMSTEDT**
NSAB Public Affairs staff writer

Naval Support Activity Bethesda's (NSAB) Fleet and Family Support Center (FFSC) was transformed into a mock Emergency Family Assistance Center (EFAC) May 18 to assess NSAB's response in helping base personnel affected by a severe weather event.

After a hypothetical hurricane struck the region, role players acting as assistance-seekers entered the first floor of Bldg. 11 seeking help, and FFSC employees took phone calls from those needing aid after the EFAC was set up at 8 a.m. The exercise was part of NSAB's participation in Exercise Hurrex-Citadel Gale 2016, an annual event that takes place before hurricane season to prepare the installation for severe weather events.

"It's important to have an Emergency Family Assistance Center for the military community and all people who have base access to make sure they have all their needs [taken care of]," said Abigayel Patel, FFSC individual deployment



PHOTO BY AIRMAN MATTHEW HOBSON

Naval Support Activity Bethesda (NSAB) held an Emergency Family Assistance Center exercise in the Fleet and Family Support Center May 18 aboard NSAB.

support emergency case management specialist. "When you're having an emergency you don't really think for yourself, you kind of just don't know what you need. It's good to have a separate party [like the EFAC] – they know of things you might not

think about in that moment in an emergency."

Patel organized the EFAC along with FFSC Director Oswald Elie and FFSC employees Fred Sherris, Carolyn Craig-Sproy and Cassandra Henry. Patel said the event went

smoothly but as it was a learning exercise, they discovered some areas for improvement.

"You never plan for certain things to happen when an emergency is happening, but flexibility is key," Patel said. "So we're learning while we're learning."

FFSC employee Kim Agnew became the EFAC director after Elie went to the Emergency Operations Center located in Bldg. 27.

Agnew explained those who role played assistance-seekers had various scenarios assigned to them. So after going through registration, they'd go to a case manager who would tell them how to receive assistance, such as getting food, temporary lodging or clothes.

"One of [the FFSC] roles is to be able to respond to [needs for] emergency assistance," Agnew said. "If an emergency situation was to occur, whether it was a natural disaster or a man-made disaster of any type, then we have to be able to respond to provide the services that family members may need to move beyond the emergency."

Mental Health Awareness Month: What You Should Know

By **BERNARD S. LITTLE**
WRNMMC Public Affairs staff writer

"Nearly 44 million American adults, and millions of children, experience mental health conditions each year, including depression, anxiety, bipolar disorder, schizophrenia, and post-traumatic stress," according to President Barack Obama's proclamation declaring May 2016 as National Mental Health Awareness Month.

"[Despite] elevating the conversation about mental health, too many people still do not get the help they need," Obama continued.

"Our nation is founded on the belief that we must look out for one another — and whether it affects our family members, friends, co-workers, or those unknown to us — we do a service for each other when we reach out and help those struggling with mental health issues," the president stated.

Navy Cmdr. (Dr.) Russell Carr, chief of Behavioral Health Acute and Outpatient Product Lines at Walter Reed National Military Medical Center (WRNMMC), explained mental health encompasses the well-being of mind, body and spirit and contributes to overall health and resilience.

Carr explained healthy relationships with parents or another important caregiver in one's early life is also important to mental health wellness and resiliency.

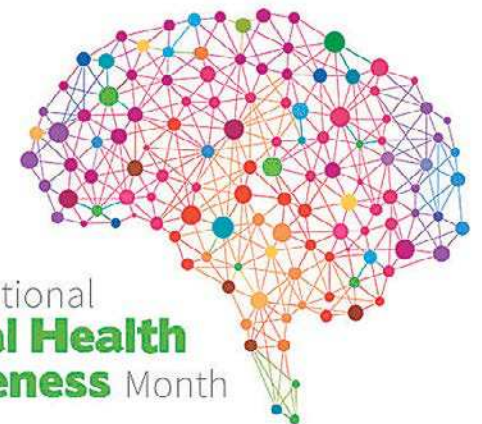
"We often underestimate the importance of healthy attachment with parents. Those are the people who establish one's sense of self and the

world throughout one's life. They give you the tools to manage life's difficulties. But it is also not so simple. We have to maintain a sense that we can share and process traumatic events with other people throughout our lives," Carr added.

"Trauma is inevitable," Carr continued. "Most psychopathology comes from having our realities denied, meaning that we are left alone with our overwhelming traumatic experiences. We have to feel that others care about us. We have to foster healthy relationships and realize that we are all interconnected in that way in order to maintain or achieve mental health wellness. In addition, we also need to take care of ourselves — eat healthy, get good sleep, exercise, reduce stress and more."

Everyone faces daily stressors, which can include one's commute to and from the job, the job itself, poor sleep, strained relationships and poor diet, Carr explained. "These are the chronic issues that can add up over time and affect all of us [if not managed]. Then there are the inevitable larger problems — loss of those around us, for example. These losses can cause depression, anxiety, insomnia, excessive alcohol use or drug abuse."

"Service members regularly face the added stress of separation from those close to them and the risk that service members will die or get hurt in a deployed setting," Carr stated. "This adds



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PHOTO BY MCSN WILLIAM PHILLIPS

The Gary Sinise Foundation and the Lt. Dan Band perform for service members and civilians aboard Naval Support Activity Bethesda May 20.

FESTIVAL

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want to make every day a Memorial Day for our veterans and our military families who sacrifice each and every day to defend us and to keep us free.”

The band covered several hit songs from past and present while the crowd danced and at one point formed a conga line which included Miss Maryland and Miss Virginia along with Wounded

Warriors and their families.

The festival also included a lunch of hamburgers, chicken sandwich, pasta salad, potato salad, and more food, which was headed up by celebrity chef Robert Irvine and cooked by 60 military chefs and served by volunteers.

Irvine also competed with service members in a wing-eating competition.

The festival also featured other musical performances and the reenlistment of Navy Seaman Ricky Kilpatrick.

“I’m ready to join the Navy again,” Kilpatrick said. “Let’s do it.”



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From

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additional anxiety and stress that tax the system and lead to greater risk of chronic illness, including mental illness such as depression and severe anxiety."

Carr said it's important for someone who feels he or she may be stressed, depressed or facing other challenges with mental health, to tell someone who cares about him or her. "That might be a family member, but also can be chain of command or chaplain. He or she is also welcome, of course, to come to Behavioral Health if he or she wants help with the concern. If there are thoughts of harming themselves or others, then that person should come straight to Behavioral Health, call 911, go to [their] chain of command, or the Emergency Department."

"Listen to them," Carr urged family members or close associates of people facing mental health challenges. "Nothing is more powerful than being understood by another human being. If the issue is significant, then bring the person, or encourage him or her to go, to Behavioral Health."

Carr added stigmas still exist concerning people seeking out services to improve their mental

health, especially with those in the military and the effect they perceive it having on their careers.

"Service members fear that it will impact their jobs or careers, or that they might be kicked out for the problem. In my experience, ignoring the problem or not getting help for it only worsens the problem and actually makes it more likely that it will hurt a service member's career. The military wants to retain its service members, and so it encourages them to get help for medical and behavioral health problems. People are only separated from the military as a last resort, just like for medical issues. Behavioral health treatment only improves the careers and lives of the majority of service members who obtain it. We are force multipliers, keeping service members in the military. I also think part of the stigma is the shame inherent in mental illness and the shame people have about themselves for having a mental illness," Carr stated.

Regarding children and behavioral health, Carr explained most children face daily stressors just as adults, but children of service members may have additional challenges. He said this is why a strong support system is essential.

"A large issue for children of service members is separation from parents for prolonged periods of time," Carr stated. "Children want

to be around their parents. When they do not interact with them for long periods of time during the deployments, they can develop anxiety or depression. It becomes a stress or distraction for them, if the parent remaining back does not give them extra support and help during the deployment. Parents can help them maintain resiliency through the deployment."

For people in need of behavioral health care, Carr said no referrals to WRNMMC's Behavioral Health care are needed. "Adults can seek assistance by coming to our Adult Behavioral Health Clinic or calling

the clinic for an appointment at 301-295-0500. Parents of children can contact our Child and Adolescent Clinic at 301-295-0576."

If you or someone you know needs immediate help in a crisis situation, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Trained crisis workers are available to talk 24 hours a day, seven days a week.

For more information concerning mental health, visit the websites <http://health.mil/Military-Health-Topics/Operation-Live-Well/Focus-Areas/Mental-Wellness>, and <http://www.mentalhealth.gov/what-to-look-for/suicidal-behavior/index.html>.

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